



THUNDER BAY JUDO DOJO SANKYU STUDY SHEET



NAGEWAZA

Ashi Guruma	leg wheel	Kata Guruma	Shoulder Wheel
Hane goshi	springing hip	Tsuri goshi	Lifting hip
Harai Tsuru Komi Ashi	Sweeping-pulling-lifting foot	Uchi Mata	Inner Thigh
Tomoe Nage	Stomach throw	Uki otoshi	Floating drop
Ko Soto Gake	minor outer hook		

KATAMEWAZA Osaekomi Waza

Yoko shiho gatame	locking of the side four corners	Makura kesa gatame	pillow style scarf hold
Ushiro kesa gatame	reverse scarf hold	Kuzure yoko shiho gatame	broken/variation scarf hold
Kami shiho gatame	locking of the upper four corners hold	Kuzure kami shiho gatame	broken/variation locking of the upper four corners

Shime Waza (strangulation techniques)

Okuri eri jime	Sliding collar strangulation	Hadaka jime (2 variations)	naked strangle
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Kansetsu Waza (joint-locking techniques)

Ude hishigi juji gatame	Cross body arm lock
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Seoi-nage to Ouchi gari		O soto gari to kesa gatame	
candidate's choice		candidate's choice	